



THE BECOMING CENTER

SUMMER 2021 POOL SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Open Swim 6:30 – 8:00 <u>H2O Aerobics</u> 9:00 – 9:55 Barbara <u>H2O Aerobics</u> 10:00 – 10:55 Barbara <u>H2O Aerobics</u> 11:00 – 11:55 Maria Open Swim 12:00 – 1:00 <u>H2O Aerobics</u> 1:00 – 1:55 Genie Open Swim 2:00 – 4:45	Open Swim 6:30 – 8:45 <u>H2O Aerobics</u> 8:45 -9:30 Maria <u>H2O Tai Chi</u> 9:40 – 10:25 Maria <u>Arthritis</u> 10:30 -11:25 Cindy Open Swim 11:30 – 1:30 Open Swim 2:30 – 4:45	Open Swim 6:30 – 8:00 <u>H2O Aerobics</u> 9:00 – 9:55 Linda <u>H2O Aerobics</u> 10:00 –10:55 Linda <u>H2O Aerobics</u> 11:00 –11:55 Linda/Maria Open Swim 12:00 – 1:00 <u>H2O Aerobics</u> 1:00 – 1:55 Genie Open Swim 2:00 – 4:45	Open Swim 6:30 – 8:45 <u>H2O Aerobics</u> 8:45 -9:30 Genie <u>H2O Tai Chi</u> 9:40 – 10:25 Genie <u>Arthritis</u> 10:30 -11:25 Linda Open Swim 11:30 – 1:30 Open Swim 2:30 – 4:45	Open Swim 6:30 – 8:00 <u>H2O Aerobics</u> 9:00 – 9:55 Cindy <u>H2O Aerobics</u> 10:00 –10:55 Cindy Open Swim 11:00 – 1:00 <u>H2O Aerobics</u> 1:00 – 1:55 Barbara Open Swim 2:00 – 4:45

SUMMER 2021 LAND CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LAND	Cardio Interval 10:00 Jane SS Classic 11:00 Jane		Cardio Interval 10:00 Lucie SS Classic 11:00 Lucie		Cardio Interval 10:00 Kim SS Classic 11:00 Kim

*Land classes start Monday 6/7

GYM HOURS OF OPERATION:

- Monday – Friday: 6:30 am – 5:00 pm

CLASS DESCRIPTIONS

POOL CLASSES

Arthritis Basics: Beginner Level class with no *White Water*- Students will go through a series of movements to help with pain from arthritis. Range of motion, flexibility and muscle strengthening exercises will be performed as well as memory and cognitive thinking exercises

H2O Aerobics: A moderate to high intensity aquatic aerobics class ending with arthritis range of motion exercises as a cool down.

H2OTai Chi: A program with gentle rhythmic movements that promote balance, coordination, flexibility, range of motion and a feeling of well-being, with breathing, meditation and relaxation techniques.

LAND CLASSES

Cardio Interval: Have fun in this high energy low impact cardio class mixed with intervals of weight training using a variety of equipment - Hand Weights, Body Bars, Exer-Tubes, etc.

Silver Sneakers Classic®: Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, a Silver Sneakers ball are offered for resistance, and a chair is used for seated and/or standing support.